

Auroville NEWS & NOTES

No 1120 - A weekly bulletin for residents of Auroville

9 April 2026

RA EDITION



PONDERING

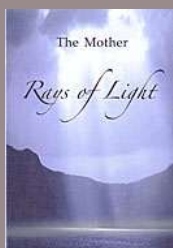
There are unique moments in life that pass like a dream. One must Catch them on the wing, for they never return.

The present is the most important moment in life.

The Mother, 12 February 1952, *The Present*, *Words of the Mother III*
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#the-present>



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

Published by Sri Aurobindo Ashram Publication Department, Pondicherry, 605002

Web <https://www.sabda.in/>

Printed at Sri Aurobindo Ashram Press, Pondicherry

THE BASES OF YOGA

LOVE FOR THE DIVINE

page 49

It is not through human love that one can learn to love the Divine, for the love is of quite a different nature. First learn to give yourself sincerely to the Divine and then the joy of love will come afterwards. By giving yourself sincerely all your difficulties will disappear.

28 December 1955

*

The true love for the Divine is self-giving, free of demand, full of submission and surrender. It makes no claim, imposes no condition, strikes no bargain, indulges in no violences of jealousy or pride or anger - for these things are not in its composition.

*

To love truly the Divine we must rise above attachments.



Quietness Established in the Mind

The essential condition for its transformation - *The Mother*

Nerium oleander L., Apocynaceae.

Oleander, Rosebay

LOVE IS WITH ALL

Love is with all, working for the progress of each one equally - but it triumphs in those who care for it.

page 50

Indeed, all life is love if we know how to live it.

13 July 1963

*

Sweetness is within every heart.

Bitterness is an illusion that melts in the Sun of Divine Love.

July 1966

*

The best way to hasten the manifestation of the Divine's Love is to collaborate for the triumph of the Truth.

21 February 1968

*

Truth alone can give to the world the power of receiving and manifesting the Divine Love.

29 February 1968

CALM

Be very careful to remain always calm and peaceful and let an integral equanimity establish itself more and more completely in your being. Do not allow your mind to be too active and to live in a turmoil, do not jump to conclusions from a superficial view of things; always take your time, concentrate and decide only in quietness.

page 51

You must learn to be calm and quiet even in the midst of difficulties. This is the way to overcome all obstacles.

QUIET

Surely to be quiet is not *tamas*. In fact it is only in quietness that the proper thing can be done. What I call quietness is to do work without being disturbed by anything and to observe everything without being disturbed by anything.

*

The more a person is quiet in front of all occurrences, equal in all circumstances, and keeps a perfect mastery of himself and remains peaceful in the presence of whatever happens, the more he has progressed towards the goal.

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: newsandnotes@auroville.services
- Content must be community-building focused:
 - Open and accessible to all community members
 - Not profit-oriented
 - Contributing to collective growth or well-being
 - Promoting Auroville's ideals and values

- For further information, please [click here](#) to view our complete FAQ document.
- For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

- **AVF** (Auroville Foundation),
- **AVFO/FO** (Auroville Foundation Office),
- **GB** (Governing Board),
- **RA** (Residents' Assembly)

The following groups are divided in two categories: The groups selected by the Residents' Assembly through Community decision making Processes and the groups put together by the GB and the FO (*not recognised by the Residents' Assembly*).

Working groups selected by the Residents' Assembly:

- Working Committee (RA WCom)
- Funds and Assets Management Committee (RA FAMC)
- Budget Coordination Committee (RA BCC)
- Town Development Council / L'avenir d'Auroville (RA TDC)
- Auroville Council (AVC)
- Entry Service (ES)

GB groups:

- Working Committee (GB WC)
- Funds and Assets Management Committee (GB FAMC)
- Budget Coordination Committee (GB BCC / GB BCS)
- Auroville Town Development Council (GB ATDC)
- Housing Service (GB HS)
- Land Board (GB LB)

NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is:
newsandnotes@auroville.services

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team



CONTENTS

Rays of Light

Guidelines / Quick Guide / Acronyms

Note from the Editors / Table of Contents

COMMUNITY NEWS

Community Sharing

Residents Speak

Auroville Conversations

French News & Notes

Inner Journey

ANNOUNCEMENTS

Support Needed

Looking For

Lost

Activities at Serendipity

CULTURAL ANNOUNCEMENTS

For The Bookworms

Food

Poetry

Auroville Radio

Cinema

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Health

Matrimandir Access Information

AV Public Bus / Emergency Numbers

COMMUNITY NEWS

COMMUNITY SHARING

ABUNDANCE PROJECT COORDINATION GROUP GRANT PROPOSALS 2026 FWE AND SDZ

Aurovilians are invited to prepare and submit grant proposals for possible funding by Stichting De Zaaier and the Foundation for World Education in the second half of 2026.

A grant application form and budget request table are available on request from abundance.pcg@auroville.org.in for this purpose.

You are encouraged to send in a draft version of your proposal before finalizing the application.

Following the procedures set up by the Foundation for World Education and Stichting De Zaaier, proposals will be checked to ensure that the grant request falls within their funding criteria and then forwarded to them to be reviewed for selection and grant allocation by their Board members.

Please note that *funds are not available for infrastructure, buildings or transport*. Requests for equipment will be considered if specifically required for the implementation of the project and are not already available in Auroville.

NB Both SDZ and FWE have indicated a preference for the funding of projects and activities for which the maintenance of Aurovilians is either covered by Auroville or from a source other than the grant being requested.

Please note that if you are submitting a proposal that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your proposal is to be reviewed by all concerned School Boards prior to being submitted. (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) It is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the donors will know that such requests have the support of schools and thereby have a greater impact on the beneficiaries of the project.

Important to note: If you have already received funding for a project through Abundance PCG please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all funds have been utilized) before making an application for new grant.

For more information, assistance or a grant application form and budget request table, please write to abundance.pcg@auroville.org.in

FROM FOODLINK: AUROVILLE MILK AVAILABLE

Dear Residents & Units,

We have about 20L of raw cow milk available on Sunday afternoons and we're looking for **regular orders** with a minimum quantity of 500ml.

You can place your order via e-mail (foodlink@auroville.org.in) or WhatsApp (+91 83002 68804) and collect the milk in your own container(s) at our office next to PTDC between 3-4 PM.

Thanks,
Aumurto

ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

Greetings,

I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.**

I will be in Auroville till mid-April but can also respond remotely once back in the US.

Thank you.



RESIDENTS SPEAK

POLARISATION, NARRATIVES, AND THE QUIET DRIFT FROM PURPOSE

In times of transition, how do narratives shape perception and participation within a community?

This article reflects on polarisation, its impact on well-being and youth, and the role of inquiry and dialogue in sustaining a shared sense of purpose.

Reflections on community, mental well-being, and the space we create for our children and youth.

*"The only true freedom is the one obtained by union with the Divine. One can unite with the Divine only by mastering one's ego."
- The Mother.*

I am white light made of infinite colours. Polarisation is a distorted prism that focuses on only one colour.

In its natural state, white light contains all colours in harmony. When it passes through a prism, the colours become visible, not because they were separate, but because they were always present within the whole. In the same way, human experience holds multiple perspectives, emotions, and truths within a larger unity.

Polarisation, however, acts like a distorted prism. It does not reveal the richness of diversity; instead, it isolates, amplifies, and fixes attention on a single colour, a single narrative, as if it were the whole.

Polarisation allows the ego to get enslaved and encaged.

In nature, positive and negative charges continuously move toward balance. This tendency toward equilibrium is fundamental. Yet, polarisation interrupts this movement. It holds opposites in tension without resolution, preventing the natural return to balance.



At a deeper level, this movement toward wholeness can be understood through the wisdom of the Isha Upanishad:

ॐ षण्णू ढण्णू दः षण्णू ढिण्णूढिदंषण्णू णत्विण्णू ढण्णू दुच्यते।
षण्णू ण्णू य षण्णू ढण्णू ादाय षण्णू ढण्णू ेवावशि ष्यते॥

This points to a profound truth: the whole remains whole, even as it expresses itself in many forms. Diversity does not diminish unity; it emerges from it.

Similarly, what is often understood as emptiness, *Śūnyatā*, is not a void or absence, but a space of infinite potential. It is from this stillness that creation arises, just as white light disperses into many colours and yet remains unchanged in essence.

In periods of transition, communities often find themselves navigating not only decisions but also perceptions. What is becoming increasingly visible today is not merely disagreement, but a deeper condition of polarisation shaped by narratives. These narratives, often subtle, sometimes unspoken, begin to influence how we interpret events, how we relate to one another, and how we position ourselves within the collective.

Narratives help us make sense of complexity. However, when they become fixed and unquestioned, they gradually replace inquiry. We move from exploring possibilities to holding certainties. Statements such as “they are trying to control,” “they don’t understand,” or “we are right” begin to define our engagement. In this shift, the space for listening reduces, and the possibility of dialogue becomes narrower.

This has a direct impact on mental and emotional well-being. Living within a polarised environment often brings with it a sense of fatigue, confusion, and disconnection. Individuals may feel caught between perspectives, unsure of how to respond, or gradually withdraw from participation altogether. The inner space becomes occupied not by clarity, but by reaction.

At the same time, there is a quieter and perhaps more significant impact on children and youth. Young people are deeply perceptive. They observe not only what is said, but how it is said. They sense the tensions, the divisions, and the inconsistencies. In such an atmosphere, they may begin to feel uncertain about what is true, whom to trust, and how to engage.

More importantly, their natural creative energy, curiosity, imagination, and the impulse to build, can become diverted. In a supportive environment, this energy flows toward exploration, collaboration, and innovation. In a polarised space, it can shift toward taking sides, defending positions, or withdrawing from engagement. The question within them moves from “What can I create?” to “Where do I stand?”

This has implications for the community as a whole. A community is not sustained only by its structures, but by the quality of participation and consciousness it nurtures. When younger generations grow in an atmosphere of uncertainty and division, there is a gradual risk of losing the spirit of collective aspiration and shared purpose.

At the same time, it is important to recognise that just as nature moves toward equilibrium, communities too hold an inherent capacity to return to balance. The movement from fragmentation back to wholeness is always possible.

Encouragingly, the community is already making efforts, both at micro and macro levels, to address these gaps. Various spaces for dialogue, youth engagement initiatives, learning circles, and participatory processes are being explored and initiated. Individuals, groups, and institutional bodies are recognising the need to listen more deeply, to include younger voices, and to create platforms where perspectives can be shared constructively. These efforts, though evolving, indicate a willingness to bridge differences and move toward a more inclusive and participatory approach.



In this context, the role of inquiry becomes central. Inquiry is what allows the prism to become transparent again, to move from distortion toward clarity.

Rather than moving toward fixed positions, there is value in returning to simple yet meaningful questions:

- What narrative am I holding right now?
- Is it the only possible perspective?
- What might I not be seeing?
- Am I reacting, or am I trying to understand?
- What is needed from me in this moment?
- How can I contribute to a more constructive dialogue?

Such questions do not provide immediate answers, but they open space, space for reflection, for listening, and for a different quality of engagement.

Dialogue, in this sense, is not about agreement. It is about maintaining connection while engaging with difference. It requires patience, humility, a willingness to remain present even in discomfort and most importantly, integral sincerity.

For children and youth, witnessing such dialogue is itself an education. It shows them that differences need not lead to division, and that participation can be both conscious and respectful. It allows them to experience diversity not as fragmentation, but as expressions of a larger unity.

The invitation, therefore, is not to eliminate differences, but to transform how we relate to them. To move from “Who is right?” toward “What is needed now?” and from “What is the problem?” toward “What can we create together?”

Polarisation, if left unexamined, can gradually distance us from our shared purpose. But when met with awareness, it can also become an opportunity, to deepen understanding, to strengthen relationships, and to reorient toward the collective aspiration that brings a community together.

The future of any community is shaped not only by how it resolves its differences, but by how its children and youth learn to experience and respond to them. In returning to inquiry, dialogue, and conscious participation, there remains a possibility to move beyond narratives and rediscover a shared sense of direction. Returning, once again, to the wholeness from which all expression emerges.



About the Author

Smriti Raj Maskeri is an Auroville resident and facilitator working at the intersection of education, dialogue, and systems transformation. Her earlier articles have been published in German, Marathi, English and Hindi languages. Through her initiative, Soulify – Discover the Infinite, she creates spaces for self-inquiry, collective reflection, and conscious participation among youth, children, and institutions. Her work draws from experience across grassroots, policy, and community contexts, with a focus on bridging perspectives and nurturing human potential.

Contact & Initiative

Initiative: Soulify – Discover the Infinite

LinkedIn: <https://www.linkedin.com/in/smritiraj-maskeri/>

Email: smriti@auroville.org.in

Location: Auroville, India

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

9 Avril 2026

Click on date or scan the QR code to read the **French News&Notes**.



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 14th April, 9 am - 12 noon

Focus: The Synthesis of Yoga

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



AMPHITHEATRE - MATRIMANDIR MEDITATIONS AT SUNSET WITH SAVITRI

Every THURSDAY
from 5:30 to 6:00

**Savitri reading -
Summer time is ON**

Savitri, Sri Aurobindo's epic poem, read by Mother to Sunil's music weekly for everyone to concentrate in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones, etc. No photos.
- **Guests:** **From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm.** Please bring your Savitri book at all times. A Savitri card with you.
- **Access by:** Amphitheatre only from 5:15pm. **Reporting, no later than 5:45pm.** Please bring your Aurocards. Last entry **Leaving, no later than 6:45pm.** Please bring your Savitri card for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will

OM CHOIR WITH NARAD

EVERY TUESDAY

Please join in the form of inspiration, in the form of prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall

**On summer break.
To resume in July.**



VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

Open Group - Everyday 3:00 - 4:30pm

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

Please register in advance

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

BHAGAVAD GITA IN DAILY LIFE

SUNDAY 29TH MARCH - FRIDAY 24TH APRIL 2026

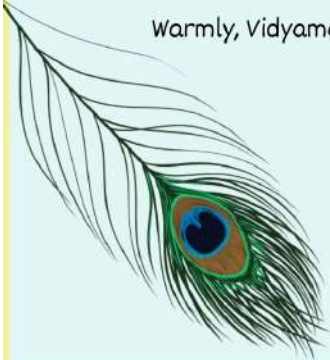
Bhagavad Gita in Daily Life

Welcome to a collective learning journey with practices and reflections to integrate the wisdom from the Bhagavad Gita into day-to-day living.

29th March to 24th April, 2026

Details and Registration: tinyurl.com/gitainlife

Warmly, Vidyamandir Auroville Team



"All can be done
if the god-touch is there."
Sri Aurobindo, Savitri I.17

On **29th March, 1914**, The Mother met Sri Aurobindo for the first time in Pondicherry, recognizing him from her spiritual visions as "Krishna." **24th April, 1920**, marked The Mother's final arrival in Pondicherry when she returned to settle permanently and work with Sri Aurobindo on their Integral Yoga sadhana. She later called this date a "tangible sign of the sure Victory over the adverse forces."

Some of us are embarking on a **collective learning yajna** to integrate the wisdom from Bhagavad Gita in our day-to-day life. We will be referring to all 700 shlokas of the Gita in Sanskrit along with daily practices, reflections and reading excerpts from Sri Aurobindo's Essays on the Gita and The Mother's writings.

All are welcome.

Dates: 29th March to 24th April, 2026

Time: 5 am to 6 am (Everyday)

Place: Online Zoom Call

For more details and registration click: tinyurl.com/gitainlife

Feel free to also write to us on: vidyamandir@auroville.org.in

Grace and Gratitude,

Deven, Shaalini and many others

On behalf of Vidyamandir, Auroville



ANNOUNCEMENTS

JIVA AUROVILLE



A platform of Aurovilles therapists for therapy, workshops, classes, webinars and professional training.

Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork: Sundays with Sigrid: 3:30 - 7pm
- Integral Regression Therapy Sessions with Sigrid.

Upcoming workshops

- **11th & 12th April**, 9:30 – 12:30 : Inner Child Work in the perspective of Integral Yoga
- **14th April** 9:30 – 12 : Introduction to Integral Regressiontherapy
- **18th & 19th April**, 9-12:30 , 2-3:30pm : Transforming Trauma with Sigrid

Webinars

- **Exploring Past Lives** : 10th ,11th,12th April 7:30 - 9pm
- **Integral Trauma Therapy** : 13th, 14th, 15th April 7:30 - 9:30pm

Join our WhatsApp group for all updates ! / WA 96260 06961

contact@auroville-jiva.com

www.auroville-jiva.com Your journey in healing and transformation.



ASHTANGA YOGA CLASSES WITH MONICA

MONDAY TO SATURDAY, PITANGA

Ashtanga Yoga

with Monica Marinoni

KPJAYI Authorised
Level 1 & 2 teacher

Monday - Friday
9am – 11am (self paced)

Saturday
9.40am – 11.10am
(led primary series)

*NO classes on:
Sundays,
New & Full Moon days,*

**ONGOING WITH TIME CHANGE
FROM APRIL 7.30-9.30**

Ashtanga Yoga, practiced in the correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Driste), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.

Booking with the teacher only:

marinonimonica@gmail.com

More information:

www.monicamarinoniashtangayoga.com

or WhatsApp +39 3917254083



TAI CHI HALL SCHEDULE

- 6th - 16th April: **no classes**
- 16th April - 31st May: **Tuesdays and Thursdays from 7:30 - 8:30am**

Contact: taichi.auroville@gmail.com



AUROVILLE STORIES: 2068 : HOW TO STAY INVOLVED



We've just completed our **second annual Auroville Stories event**, where 15 storytellers and many children shared stories and images of hopeful futures. More than 150 people joined the two screenings, and the exploration is just beginning. If this project inspires you, here are **three ways to stay involved**:

1. **Watch and share the stories** (www.youtube.com/@AurovilleStories/playlists)
 - Please "like", share, and leave comments on stories that resonate with you.
2. **Join the conversation** (bit.ly/avstories)
 - Connect with others through our **WhatsApp community** (announcements + discussion groups)
3. **Create your own "Future Memories"** (bit.ly/future-memories)
 - Imagine a moment in a hopeful future that really matters to you and we'll help visualize it.

Each story.... Each image.... Each idea.... Is a piece of our puzzle. Let's see what happens. It's a beautiful mystery!

Contact daniel@ic.org (+1 978-394-1711) with questions. Thanks!!!

Daniel Greenberg, Ph.D. | He/Him
Director of Partnerships & Networking
Foundation for Intentional Community

FROM COFFEE IDEAS (FORMER MARC'S CAFE)



- Every Wednesday we are open from 8:00 AM to 8:00 PM.
- Fermentation classes are held every Saturday from 10:00 AM to 12:00 PM, and are also available on demand.
- For coffee learning at CLC, please check the website for specific classes and schedules.
 - <https://coffeeideas.in/product-category/master-classes/>

Thank you!

Coffee Ideas (former Marcs Cafe) Team



HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive** COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee -

-All for **FREE** on our Open House.


- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!



SUPPORT NEEDED

KEEP CINEMA PARADISO'S MAGIC ALIVE!



Cinema Paradiso:
Fuel Our Magic – Last 3 Pledges!
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – FY 2025-26 Ends Soon. Your Gift Keeps Stories Alive!

Heartfelt thanks to 5 heroes at ₹3,000+/month! We urgently need 3 more units at ₹3,000, or several at ₹1,000+ to reach ₹9,000. This will restore our pre-COVID heartbeat. We can then chase external funds for vital equipment upgrades.

How to Give:
Auroville Units/Activities:
Easiest. Set up recurring specified contribution via FS to MMC-CP #105106.

Individual Contributions

Indian Nationals (Aurovilian or not):
FS Transfer, cheque, or NEFT to Unity Fund (A/c 10237876031). **Get guidance at Unity Fund, FS.** Write "MMC-CP general purpose". Please inform us by email at mmcauditorium@auroville.org.in

Foreign Nationals (Aurovilian or not):
Overseas cheque to Auroville Foundation (A/c 40106120526) **facilitated by the Unity Fund at FS:** In the form at Unity Fund write for recipient "MMC-CP", purpose "general". Inform us at mmcauditorium@auroville.org.in! Allow clearance time.

Pledge today—spark joy!
Grateful,
MMC-CP Team

LOOKING FOR

LOOKING FOR A PART TIME JOB

Parthipan, who works at PTDC, is looking for a part-time job.

He is a reliable and responsible person, willing to do various kinds of work such as errands, deliveries, and assisting elderly people (he helped care for Giuseppe, who recently passed away).

You can contact him at 80987 40882.

Marco

TAXI SHARING - SATURDAY 18TH APRIL

I will go to the airport on the 18th of April, leaving AV at around 11pm and are happy to share the taxi.

Jagrata WA: +49 171 9355661



LOST

SMALL BROWN WALLET WITH GIRAFFE IMAGE

Lost - Small Brown wallet with giraffe image.

In the Sharanga Miracle area.

Contact Jed, WhatsApp- +61400577678

Thank you!



ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



REGULAR CLASSES FOR APRIL :

Hatha Yoga with Ramesh

- **Monday and Thursday from 5:30 - 6:45pm and Saturday 7:30 - 8:45am - drop in class**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

Traditional Sanskrit Mantras with Sonia

- **Friday from 5 - 6pm (Regular Students only)**

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Mandala for Children with Rosalba

- **Tuesday from 9 - 11am (prior registration required at +91 90475 69721)**

THE MAGIC CIRCLE: A CREATIVE JOURNEY FOR KIDS

Discover the fun of mandalas.

Is your child a little explorer of colors and shape? Join our Mandala Art Workshop, where every child creates their own unique world inside a circle!

It is not just coloring; it is an adventure in imagination.

What your child will enjoy:

- **Coloring & Creating:** Designing beautiful, one of a kind mandalas.
- **Finding Focus:** A playful way to build concentration and patience.
- **Self-Expression:** Every circle tells a story. What will you say?

Mandala for Adults with Rosalba

- **Wednesday from 2:30 - 5 pm (prior registration required at +91 90475 69721)**

SOUL, SIMMETRY & STILLNESS

An appointment with yourself for creative mindfulness for the modern seekers.

TURN YOUR INNER DIALOGUE INTO A VISUAL MASTERPIECE

Join us for an elegant exploration of the Self.

We invite you to spend a couple of hours mastering the art of Mandala – a timeless tool used for centuries to bring the parts of our being into one harmonious whole.

You will enjoy:

- An introduction to the psychology of the circle
- A guided session in intuitive symbols
- Quiet reflection in a sophisticated, supportive atmosphere.

Come for the art. Stay for the insight.

THERAPIES :

Bach flowers treatment - counseling session with Rosalba

- **By appointment +91 90475 69721**

RETURN TO YOUR ESSENCE

“Health depends on being in harmony with the soul” Dr Edward Bach

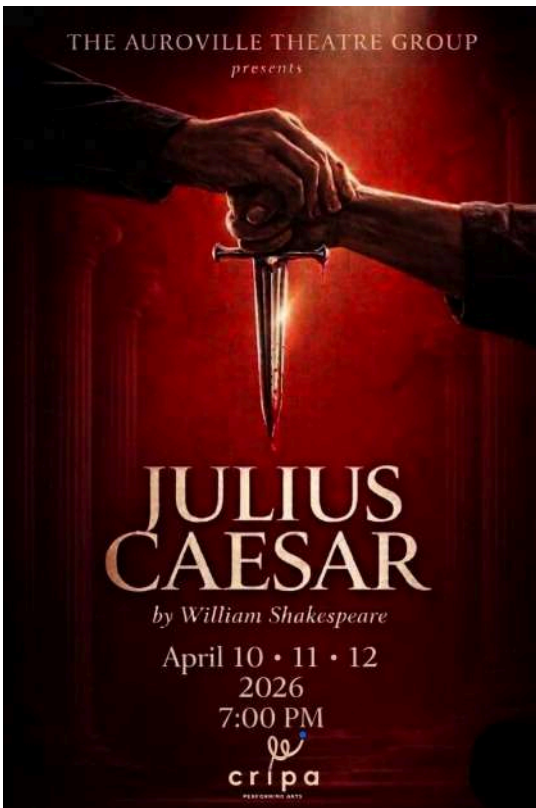
Are you ready to shed the layers that no longer serve you? My counselling sessions combine the wisdom of Bach Flowers with an integral path toward self-awareness. It is more than just a remedy, it is a journey back to who you truly are.

CULTURAL ANNOUNCEMENTS

THE AUROVILLE THEATRE GROUP PRESENTS:

JULIUS CAESAR

10TH, 11TH, 12TH APRIL, CRIPA



Another year, another Shakespeare play. I can't go too long without my "Shakespeare fix". It gives me a high like no other playwright I can name. And when world politics began to shake and chaos was on the horizon, I knew that we must show our audience what happens when foolish men do foolish things. Well, that was it initially. But then, after reading the play multiple times, I began to see a message I hadn't anticipated. I guess Shakespeare, to cover his "ass" so that he wouldn't be in danger by calling a ruler a tyrant/would-be king/egomaniac (watch out for backlash from the Queen, Will) wrote instead about the two men, Brutus and Cassius, who started the Conspiracy to take down JC and what happened after they had accomplished their short term goal of ridding the world of a tyrant/would-be king/egomaniac ... THEY DIDN'T HAVE A FOLLOW UP PLAN ...like what happens after we assassinate Julius Caesar? Any ideas? No ideas? You mean, you just take him out and then hope the people support youhmmm...does this sound familiar??

Does this sound like a certain idiot President who took out a ruler of a foreign government he didn't like, hoping the people of that country would automatically rise up and take control? And did that happen?? Nope! OOOOPS!

Instead, what happens in Shakespeare's story is ... Civil War happens. Brutus/Cassius et.al. vs. Octavius Caesar/Mark Anthony/Lepidus. And the conspiracy struggles and finally, on the battlefield, is overwhelmed and destroys itself. THE END.

So, the moral of that story is, don't start something, like overthrowing a tyrant, unless you have spent time thinking about the consequences...what happens next, or, at least, have a plan. Maybe more than one plan. Just in case.

So far, the most challenging scene to direct is the actual assassination scene. I'm still not satisfied that we understand what is happening there. But...no spoilers.... we're still in process.

This is my 9th Shakespeare play, so I have no trouble cutting. Usually, cutting means getting rid of what doesn't serve the forward movement of the story, without, of course, destroying the intention of the playwright. But I know I can do it. So I do. And adapting, well, there is that connection to today's headlines! So maybe it's not ONLY Rome we're talking about. Maybe.

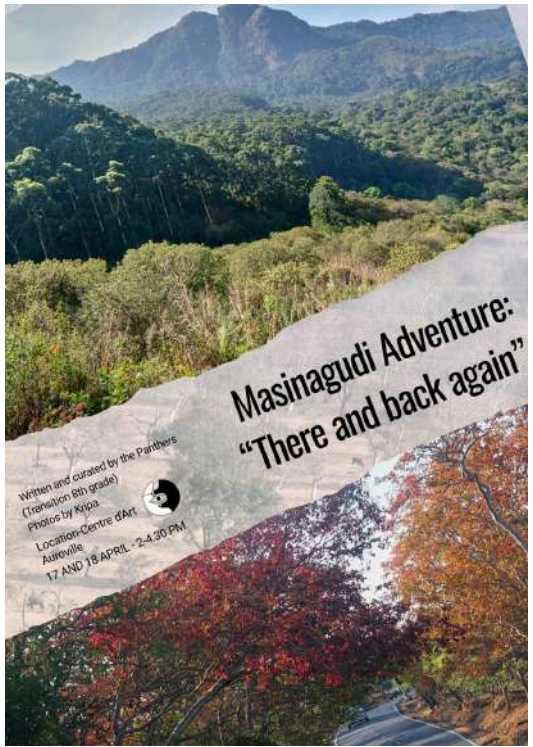
The story is so accessible. So human. The two married couples: Caesar/Calphurnia and Brutus/Portia. The two wives worried sick about their husband's actions. The two friends: Brutus and Cassius. Like a modern day bromance. A story full of recognizable people, and as usual, intensely engaged in a significant moment of decision whose consequences are far reaching and ultimately, tragic.

Much love,
Jill



TRANSITION SCHOOL - PANTHERS GROUP PHOTO EXHIBITION

FRIDAY 17TH AND SATURDAY 18TH APRIL, CENTRE D'ART



Dear Community,

We, the Panthers, the 8th grade of Transition School, invite you to our interactive photo exhibition at Centre d'Art, Auroville, on **Friday 17th and Saturday 18th April from 2-4:30 p.m.**

We look forward to seeing you.

With gratitude,

The Panthers

ROADKOLAMS BY KATHRIN H

FROM MONDAY 2ND MARCH, AUROVILLE LIBRARY

The Auroville Library invites everyone to see an exhibition of roadkolams by Kathrin.



Inspired by Andy Goldsworthy and Marc Pouyet, I have enjoyed making these from what I find in nature by the road, and am happy to share them with you.

Timings:

Mornings:

- Monday to Saturday : 9am - 12:30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

MANNIN MANDHIRAM (MAGIC OF THE EARTH) BY KRIPA

FRIDAY 3RD - SATURDAY 25TH APRIL, PITANGA

MANNIN MANDHIRAM
(Magic of the earth)

A photo documentary about the making of terracotta votive forms in Auroville,
by Kripa

Opening
Friday 3rd April 2026 from 4-5:30 pm
Exhibition from Fri 3rd to Sat 25th April 2026

Exhibition timings: Daily, except Sundays & holidays 8.30 - 12.00pm & 2.30 - 5.00pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAT40037B73N

OPEN CALL FOR ACTIVITIES - CENTRE D'ART



Centre d'Art would like to open its gallery to new Activities for the 2026/27 Season. It could be a participatory project, a workshop, a lecture, a performance, ...

We are looking for events that share the joy of creation, spark curiosity, ignite creativity, and connect people, for adults and children alike.

If you are interested please send your submission before **30/04/26** to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
- A short biography of the artist / facilitator
- The title of Participatory / Workshop project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition.

Looking forward to seeing your proposals

Centre d'Art Team



FOR THE BOOKWORMS

WEEKLY READINGS OF THE LIFE DIVINE
EVERY FRIDAY, AUROVILLE LIBRARY



Weekly Readings of The Life Divine
with Balvinder, at AUROVILLE LIBRARY

Fridays, 4:30 - 5:30pm

(from 23 January 2026)

All are welcome.

FOOD



FROM SOLITUDE FARM

1. Farm Basket from Solitude Farm

We grow a beautiful diversity of local food at Solitude Farm — pumpkins, lemons, cucumbers, bananas, sweet potatoes, many kinds of spinach and salads, herbs, and spices. Each week we harvest what the land gives and prepare a fresh farm basket for our community.

Our basket service brings this richness directly to you. The contents change with the seasons and reflect the living diversity of the farm.

Signing up is simple. You can receive a basket once a week or more often. Longer subscriptions receive a lower rate, and many families choose to sign up for a full year.

This service works best for people who value local food and enjoy taking the time to cook with fresh seasonal ingredients.

For us, this basket service is an act of love for Mother Nature. Its value is not only in profit, but in nutrition, medicine, ecology, community, and culture.

Many people who began with a one-year subscription have continued receiving baskets for years.

And if you receive something unfamiliar — for example banana stem — we are always happy to show you how to prepare and enjoy it.

Contact:

- Phone / WhatsApp: 98433 19260
- Email: Solitudepermaculture@gmail.com

Solitude farm & café | Auroville

2. Lunch at Solitude Farm

At Solitude Farm we have been working with local food, farming and culture for more than 30 years. One of the simplest ways to experience this work is by coming for lunch at the farm.



Our meals are prepared with ingredients grown right here in the food forest — seasonal vegetables, greens, herbs and fruits that reflect the richness of local food traditions. It is fresh food, food whose origins you can recognise, and food that reconnects us with the cultural knowledge of this region. Many of these traditions also resonate with the principles of Ayurveda. In many ways, the meal tells the story of a journey from farm to plate.

For Auroville residents, there is the option to join the Lunch Scheme at exactly the same price as Solar Kitchen. Please contact Nico at Financial Service and he will help you arrange it.

If you have not yet had lunch at Solitude Farm, it is really something you should try at least once. What is happening here is quite unique — bringing together farming, culture, nutrition and ecology through everyday food.

Lunch is served **Monday to Saturday**. Breakfast begins at 9:00 AM, and lunch continues through the afternoon until 3:30 PM.

Every Saturday at 11:30 AM we also host a farm tour. Usually Krishna McKenzie will take people around the farm and share the story of what has been unfolding here over the last three decades — the emergence of a food forest, the reclamation of cultural nutritional heritage, and the many forms of value that local food carries: ecological resilience, climate awareness, nutrition, medicine and culture. When we recognise these shared values — that this land is our Mother Nature and these foods are part of our collective heritage — something deeper emerges. Ultimately, the most beautiful profit of local food is empathy, because it brings people together around a shared understanding of life.

There is also a small shop at the farm where we offer products made here, including herbal powders, dried flowers, and seasonal fruits and vegetables. The nursery also has plants, fruit trees and some vegetables available.

We look forward to welcoming you at Solitude Farm.

With love,
The Solitude Farm Team

FOOD FOREST TOUR & SUNDAY BRUNCH EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

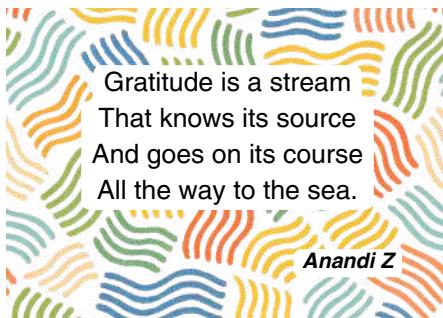
Living Foods & Vegan Ice Cream Making

Every Sunday, 9–11 AM
La Ferme Community
(5 min from AV Bakery)

📞 WhatsApp Sarah: 9047421044



www.myfoodforest.in



Journey Just Begun

11/17/03

O you prophets of the elemental worlds
Can you hear me as I praise your earthly gifts?
Where flowers bloom unseen a thousand years
I go in dream above the sleeping steppes.
I have walked the ancient glaciers of the north,
Seen purities of blue no lens could hold
And stood before volcanoes belching fire
On a burning rim outlasting human time.
And all these journeyings were home to me.

I have gone below the surface of the sea
And wonders found, a living kaleidoscope
Of colours and designs some deity
In a moment's inspiration by his touch
Ordained and as the coral bloomed and grew
I swam among the rays most joyously.
Descending in the depths of earth's cave-heart
I heard the music of the stalagmites
And all these journeyings were home to me.

I have stood in the Himalaya's frigid air
And looked above at gleaming Everest,
Soared in skies beyond the eagle's view
Where diamond cities faceted the night.
I bathed in the freezing Ganges purified
In Rishikesh on the banks of her rushing streams.
I have known mountains purple in the noon
And seen the bison thunder on the plains.
And all these journeyings were home to me.

I have walked in forests where the darkness spoke
And watched the fearsome panthers in their play,
Saw the sun a living ember rise
From ocean depths to sink in the unknown.
I have seen the deserts flower in the spring,
A pageant march across the burning sands
And walked alone on grey and distant shores
Where massive rollers crashed in the bleak morn.
And all these journeyings were home to me.

I have knelt in gardens fragrant with the dew
And wandered lost in deep and darkening woods,
Communed with bird and beast and tree and flower
And foundered in the surge of unkind seas.
I have heard the haunting music of the spheres
And sailed on emerald seas to unknown shores,
Watched the play of Nature in her moods
Of calm benevolence and wantonness.
And all these journeyings were home to me.



Dear Aurovilians,

Your favourite radio is always working for you. Stay tuned!

Last published Podcasts

- [Savitri - Ep.41 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.9 "The Day She Knew" \(Stories\)](#)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 4 - "Mirra" \(Stories\)](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev -P 2, C 6: "Gift Economy" \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.532 \(Integral Yoga\)](#)

Latest Youtube Videos

- [Ferrocement Construction Hands on Workshop | Auroville Earth Institute](#)

....and more! on www.aurovillerradiotv.org.

For more information write to radio@auroville.org.in

Peace and love

Regards,

Sai Priya for Auroville RadioTV

CINEMA

CINEMA PARADISO PRESENTS: HUMANS IN THE LOOP
MONSDAY 13TH APRIL, MMC AUDITORIUM, TOWN HALL



Cinema Paradiso Presents

On Monday, 13 April 2026 @ 8pm @ MMC Auditorium, Auroville

Aranya Sahay's



Humans In The Loop

India 2024, Writer-Dir. Aranya Sahay w/ Sonal Madhushankar, Gita Guha, Vikas Gupta, and others, Drama, 74mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Nehma, an Adivasi single mother from Jharkhand, unexpectedly finds herself training artificial intelligence systems — the same technology shaping our everyday lives. Her journey uncovers unseen human labor and hidden biases behind machine learning. This isn't just a film about technology, it's a soulful, urgent look at the hands building our world. Acclaimed for its bold originality, this masterwork bridges ancient heritage with the cutting edge of AI.

Hailed by film personalities and social workers as a must-see, the screening will conclude with a brief and engaging Q&A likely featuring the director and Biju Toppo, a pioneering Adivasi ethnographic filmmaker.

A film and Q&A you cannot miss!

Our generous support will help sustain and grow this community space.

EVERY CONTRIBUTION COUNTS!



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 13th - 19th April 2026



At the Multimedia Center Auditorium for Cinema Paradiso screenings, doors open 15 minutes before showtime and close once the film begins. Please arrive on time, avoid crossing in front of the screen or using mobile phones, and note that food and drinks are not permitted.

For two decades, Cinema Paradiso marked Earth Day through its Eco Film Fest (April 16–22), bringing ecological, environmental, social, and nature-based films to the community. While the festival concluded last year, we continue in the same spirit, curating similar themes across genres in a refreshed format that celebrates our world, cinema, and community.

INDIAN - MONDAY 13 APRIL, 8:00 PM:

• HUMANS IN THE LOOP

India 2024, Writer-Dir. Aranya Sahay w/ Sonal Madhushankar, Gita Guha, Vikas Gupta, and others, Drama, 74mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Nehma, an Adivasi single mother from Jharkhand, unexpectedly finds herself training artificial intelligence systems — the same technology shaping our everyday lives. Her journey uncovers unseen human labor and hidden biases behind machine learning. *Hailed by film personalities and social workers as a must-see, the screening will conclude with a brief and engaging Q&A likely featuring the director and Biju Toppo, a pioneering Adivasi ethnographic filmmaker. A film and Q&A you cannot miss!*

POTPOURRI - TUESDAY 14 APRIL, 8:00 PM:

• ANIMALS ARE BEAUTIFUL PEOPLE (BEAUTIFUL PEOPLE)

South Africa, 1974, Writer-Dir. Jamie Uys w/ Paddy O'Byrne and others, Comedy-Documentary, 92mins, English w/ English subtitles, Rated: G

In Southern Africa's deserts and deltas, baboons stumble into mischief, meerkats bicker like neighbors, and elephants reveal playful quirks. This award-winning film transforms survival into comedy, blending stunning wildlife moments with laugh-out-loud antics. A timeless celebration of nature's humor and heart, it invites audiences to discover animals as unforgettable personalities worth cheering for.

SELECTION - WEDNESDAY 15 APRIL, 8:00 PM:

• LITTLE RED WAGON

USA, 2012, Dir. David Anspaugh w/ Chandler Canterbury, Anna Gunn, Frances O'Connor, and others, Drama, 104mins, English w/ English subtitles, Rated: PG

This award-winning film tells the true story of Zach Bonner, a boy with a little red wagon who begins collecting supplies for hurricane survivors. His mission grows into long walks across the USA, raising awareness for homeless children and the impact of natural disasters, while inspiring a nation with hope and heart.

INTERESTING - THURSDAY 16 APRIL, 8:00 PM:

• THE TALE OF SILYAN

NMacedonia-USA, 2025, Writer-Dir. Tamara Kotevska w/ Nikola Conev, Jana Coneva, Aleksandra Coneva, and others, Documentary, 80mins, Macedonian-English w/ English subtitles, Rated: PG

Nikola, a farmer in rural Macedonia, faces isolation and hardship when his family leaves and his livelihood falters. An injured stork, Silyan, enters his life, forging an unexpected bond. This award-winning film blends folklore and reality, offering a poignant portrait of resilience, identity, and the healing bond between man and nature. *The film is brought to us by a patron!*

**Your generous support to help sustain and
grow this community space.
EVERY CONTRIBUTION COUNTS!**

INTERNATIONAL FILM – SATURDAY 18 APRIL, 8:00 PM:

• **REBUILDING**

USA, 2025, Writer-Dir. Max Walker-Silverman w/ Josh O'Connor, Lily LaTorre, Meghann Fahy, and others, Psychological-Drama, 96mins, English w/ English subtitles, Rated: PG

Dusty loses his ranch to wildfire and finds himself in a FEMA camp. Amid loss, he reconnects with daughter Callie-Rose and ex-wife Ruby. This award-winning drama is a gripping story of resilience and reconnection, showing how rebuilding land becomes a journey of rebuilding identity and love.

CHILDREN'S MATINEE – SUNDAY 19 APRIL, 4:00 PM:

• **LA PETITE BANDE (THE LITTLE GANG)**

France, 2022, Writer-Dir. Pierre Salvadori w/ Paul Belhoste, Mathys Clodion-Gines, Aymé Medeville, and others, Comedy, 106mins, French w/ English subtitles, Rated:NR (PG)

This film is being brought to you in collaboration with Alliance Française. Cat, Fouad, Antoine, Sami, and Aimé, five spirited schoolmates in Corsica, set out to stop a factory polluting their river. Their daring plan spirals into comic chaos, but their determination highlights friendship, courage, and youthful rebellion. It's a playful tale with a strong environmental theme, showing how young voices rise against pollution.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 19 APRIL, 8:00 PM:

• **TOUCH OF EVIL**

USA, 1958, Dir. Orson Welles, w/ Charlton Heston, Janet Leigh, and others, 95mins, Film Noir–Drama–Thriller, English w/ English subtitles, Rated: PG-13.

A Mexican official and his American wife are targeted in a Texas border town by the crime family he's trying to put behind bars for drug trafficking, as his concern grows over the tactics of the local detective whose cooperation he needs.

Rating codes we often use are from Motion Picture Association of America (MPAA): G= General Audiences, PG= Parental guidance suggested, PG-13= Parents strongly cautioned, R= Restricted (equivalent to Indian rating: A i.e., for Adults), NR= Film Not Rated, Rating awaited.

To organize a seminar/program at MMC Auditorium, kindly email us at mmcauditorium@auroville.org.in.

Support MMC-CP, Every Contribution Counts: Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106.

If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Email and share your proposal and let us know how you'd like to be involved.

Thanking You,
MMC-CP Group
Account #105106 | Email: mmcauditorium@auroville.org.in





*The fragrance of flowers spreads
only in the direction of the wind.
But the goodness of a person
spreads in all direction.*

Chanakya

COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** financialservice@auroville.org.in

HOUSING SERVICE

- **Public Timing:** Access without appointment only Wednesday 3 - 4:30 pm
- **Phone:** (0413) 2622658
- **General Email:** housing@auroville.org.in

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132 / 94888 68747 for fault works, repair works and job works
0413 2622264 for clarifications reg. electricity bills, job and repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** avgasservice@auroville.org.in

WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** avwaterservice@auroville.org.in

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746 / 2622796
- **Email:** ptdc@auroville.org.in

POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 7pm
- **Phone:** 0413 2622152

AUROVILLE LIBRARY

Timings:

Mornings:

- Monday to Saturday : 9am - 12:30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

Children's Storytime! All ages welcome!

- Every Saturday between 10am - 11am.

• Phone : 0413 2622 894

• Email: avlib@auroville.org.in

• Website: <http://library.auroville.org.in/>



HEALTH

SANTÉ SERVICES IN 2026

Santé

Working Hours:

Monday - Saturday: 9:00 - 12:30pm & 2:00 - 4:30pm

Tests and Sample collection:

Monday - Friday: 8:30am - 12:00pm

No sample collection on Saturday

For emergencies, contact:

Auroville Ambulance (24/7) - Phone: +91 94422 24680

Government Ambulance (24/7) - Phone: 108

Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Mon / Tues / Wed / Fri	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric: Monday to Friday	Soundbed Session with Sandhya / Thilagam: Monday to Saturday

Bio-Well Assessment (Evaluation of your well-being) with
Helena – inquiry email adminsante@auroville.org.in

In Santé, we value our patient's confidentiality and make every effort to ensure their privacy.

In case of cancellation or to reschedule, it is necessary to inform us in advance.

HEALTH CENTER - KUILAPALAYAM

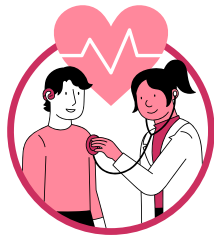
Contact: 0413 291 0005

Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007 / 2622265
- **Email:** aurodentalcentre@auroville.org.in

TIME TO SUMMERNATE AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha* - the subtle fire that controls metabolism and transformation - can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow on the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- Lipids: ghee, olive or sunflower or coconut oil
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm).

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains.

Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenating fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni – Centella asiatica** leaves: rejuvenating and tonic for brain and nerves
- **Pudina – Mint** leaves: herbal tea or dishes
- **Radha consciousness – Clitoria Terneata** flowers: herbal tea or juice
- **Sarsaparilla – Nannari** syrup: soothing and cooling
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver** roots: for bathing
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract.

Wishing you a beautiful summer

Be @ Santé Clinic

PS: all these recommendations are more elaborated in my book "Take care of yourself with Ayurveda", available at Maroma in Aspiration, the bookshop of Visitor Centre and Auroville Press Publishers in Aspiration



MATRIMANDIR ACCESS INFORMATION

IMPORTANT ANNOUNCEMENT REGARDING THE
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am-7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only daily, 9am-3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday	6:00 am - 8:00 am, 4:30 pm - 7:30 pm
Sunday	6:00 am - 12:00 pm, 4:30 pm - 7:30 pm
- The Inner Chamber is open to **registered Volunteers**:
 - Every day, 4:30pm - 6:00pm.
 - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at matrimandir@auroville.org.in
 - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:**

Any day except Tuesday & Sunday, <u>8:00 am - 8:25 am</u>
Arrival at 7:45 am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am

- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily	7:00 am - 8:00 am, 5:00 pm - 6:00 pm
-------	--------------------------------------

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Starting from the Visitors Centre.
Daily, 9:00 am - 5:30 pm

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

EMERGENCY NUMBERS



Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
--------------------------	----------------------	--

Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
--	--	------------------------------------

Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
--	-----------------------	-------------------------

Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108